Distress Tolerance: TIPP Skills

To reduce extreme emotion mind fast. Change your body chemistry.

**TEMPERATURE**
Change your body temperature. Splash your face with cold water, hold an ice cube, let car AC blow on your face, take a cold shower

**INTENSE EXERCISE**
Do intense exercise to match your intense emotion. Sprint to the end of the street, do jumping jacks, push ups, intense dancing

**PACED BREATHING**
Try Box Breathing: Breathe in for 4 seconds, hold it for 4 seconds, breathe out 4, and hold 4. Start again, and continue until you feel more calm.

**PAIRED MUSCLE RELAXATION**
Focus on 1 muscle group at a time. Tighten your muscles as much as possible for 5 seconds. Then release & relax. Repeat with other muscle groups.

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* Dialectical Behavior Therapy Skills (Marsha Linehan) *